

COSA Conference

June 18, 2015



Presented by: Suzanne Hidde, M.S.
School Wellness Policy Coordinator



Purpose



- Embrace the connection between health and academic achievement
- Become familiar with ASCD/CDC model – Whole School, Whole Community, Whole Child
- Understand Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010 (LWP)
- Access tools and resources to help support the health and wellbeing of students and staff in the PK – 12 school system.



The Big Picture



- Chronic diseases are the leading causes of death and disability in the U.S. Seven of every ten deaths are caused by them.
- Studies demonstrate that when children's basic nutritional and fitness needs are met, they attain higher achievement levels.




Why?



“ Today's 10 year olds are the first generation expected to have a shorter life expectancy than their parents. ”

https://www.youtube.com/watch?v=_3D7xFrZ8ml



“ This year, physical inactivity will kill more people than smoking. #move ”

(c) FoundtheMarbles.com



Centers for Disease Control and Prevention (CDC) Federal Grant 1305

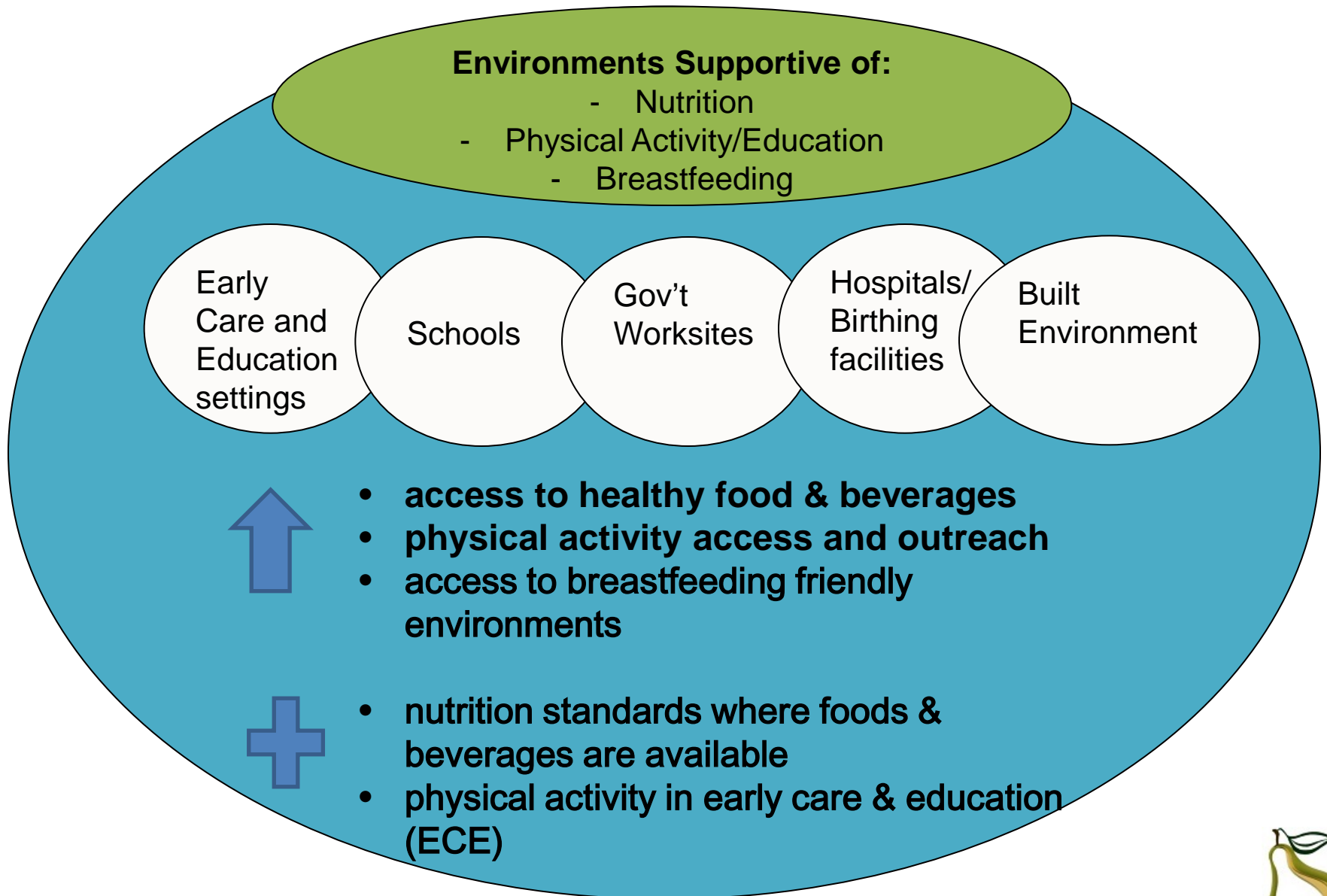
Goal: to make healthy living easier for all Americans

Program focuses on healthy environments in: workplaces, schools, early childhood education facilities, and in the community to promote healthy behaviors.

Joint effort between the Oregon Health Authority Public Health Division, and the Oregon Department of Education Child Nutrition Programs.



Domain 2 – Policy, System and Environmental Change Approaches



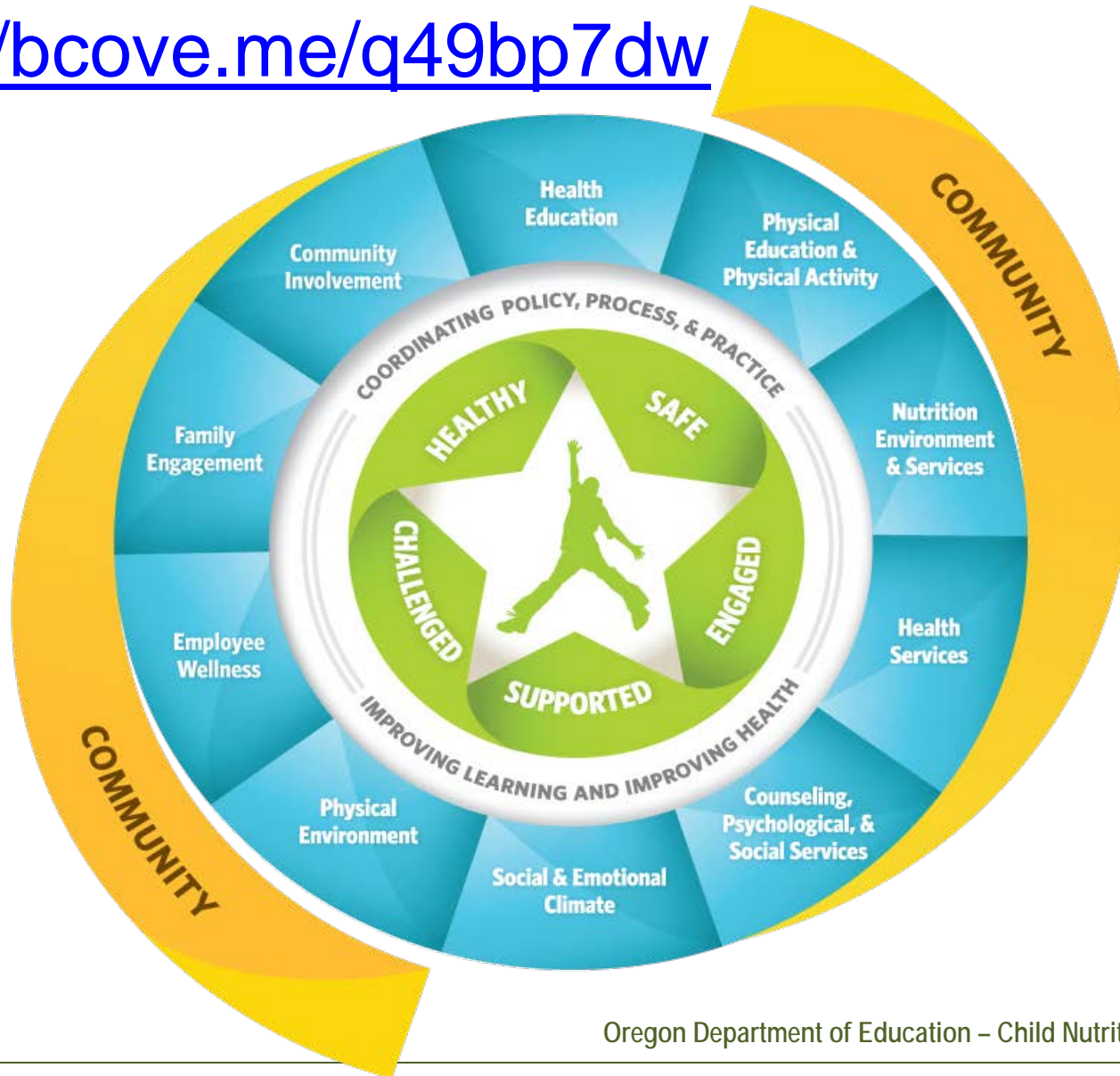


HI! WE'RE EVERY SOCIAL PROBLEM IN AMERICA THAT YOU CAN NAME ROLLED INTO A HERD OF TOO MANY HUMANS FOR ONE MERE MORTAL TO MANAGE... LET ALONE TEACH. WHERE DO YOU WANT US TO SIT?



WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD
ASCD/CDC Model

<http://bcove.me/q49bp7dw>



District Wellness Policy (WP) Implementation

➤ **2004 Child Nutrition and WIC Reauthorization Act**

- Participating LEAs/Sponsors to establish WP by 2006

➤ **2010 Healthy, Hunger-Free Kids Act**

- Section 204: Strengthens requirements and emphasizes WP implementation, review and updates



Wellness Policy Elements - Overview

- Stakeholder Involvement
- Nutrition Guidelines
- Nutrition Education and Promotion
- Physical Education and Activity
- Public Notification
- Monitoring and Evaluation

Wellness Policy



1. Public Involvement

Collaborative community team to develop, implement and review policy

Team should include:

- Parents
- Teachers
- Physical Education Instructors
- School Health Professionals
- Students
- School Board members and Administration
 - Community members

Wellness Policy

2. Nutrition Guidelines

Standards for all food available on the school campus

- School Meals
- Free water available during lunch
 - Meal Service and Time
 - Competitive Foods
- Classroom/school celebrations
 - Using non-food rewards
 - Fundraisers





55
MILLION
SCHOOL KIDS

Each one of us can help improve the eating and activity habits of the **55 MILLION** school kids in this country and, in the process, improve their health so they can succeed in the classroom.



GOOD FOOD



ACTIVE BODIES



KIDS EQUIPPED FOR SUCCESS!

Kids who attend "healthy" schools have fewer absences, higher academic achievement and self-esteem and are more likely to graduate from high school.



PHYSICAL ACTIVITY SUPPORTS ACHIEVEMENT

Even moderate exercise, like walking, increases brain activity.



KIDS WHO EAT WELL, LEARN BETTER

Students who eat school breakfast have been shown, on average, to attend 1.5 more days of school per year and score 17.5% higher on standardized math tests.



HEALTHIER PRACTICES CAN INCREASE SCHOOLS' BOTTOM LINES

Schools can get a financial boost by offering more nutritious meals & snacks. Students will buy and eat healthier foods and beverages.



**EVERY
KID
HEALTHY**

Visit ActionforHealthykids.org, where you can read *The Learning Connection: What You Need to Know to Ensure Your Kids Are Healthy and Ready to Learn* and in under **1 minute**, you can take the *Every Kid Healthy Pledge*. You'll have access to our free programs, volunteer opportunities and school grants.

Wellness Policy

3. Nutrition Education

Goals for Nutrition Education

- Classroom-based (incorporated into curriculum)
 - Cafeteria interventions
 - Foodservice staff education
 - Staff training
 - Home and Community



Wellness Policy

4. Nutrition Promotion



Changing the school environment to support healthy eating

- Become a HUSSC and Team Nutrition School
- Participate in USDA Fresh Fruit and Vegetable program (if eligible)
- Staff modeling health eating and physical activity
 - Cafeteria ambiance/education
 - Harvest of the Month/Taste testing days
 - Community meal events
 - School Garden
 - Health Fair and Wellness Newsletter


Lent Elementary



Quick Links

- [Free & Reduced Meals](#)
- [K-5 menus](#)
- [6-12 menus](#)
- [BLPay - Meal Online Payments](#)
- [Catering Services - Menus](#)
- [Healthy Snacks Information](#)
- [Nutrient Analyses](#)
- [Nutrition Services Fact Sheet](#)
- [Allergen List](#)
- [Wellness Policy](#)


WELCOME TO NUTRITION SERVICES



We want to ensure that your child receives the fuel necessary to be successful in the classroom. Our low cost meals provide your child with the best nourishment, variety, and service available. Because diet has a long-range effect on health, happiness, education, and success for your child, our healthy meals are an opportunity to enhance their future and ability to learn. All menus are analyzed so that each week we are assured that our menus meet the dietary guidelines. Your child comes first at Nutrition Services, so please give us the opportunity to assist in their physical and intellectual fitness. Please call me or any of the kitchens if you have any questions or ideas to improve what we do for your child. You are also always welcome to join your child for a meal at school.


Terry Cashman, Director - Nutrition Services & Operations
 Phone: (541) 355-1150
 Email: terry.cashman@bend.k12.or.us

Did You Know? We serve over 16,000 meals every school day, which totals over 2.5 million meals a year!




Nutrition Services Information Brochure

Free & Reduced Meals Applications


 You may complete and submit your Free and Reduced Price Meals Application online here.

For more information (among others the income eligibility guideline), please refer to the [Free & Reduced](#) page.

Catering Services


 Nutrition Services offers a full line of excellent catering services! Click here for our updated and expanded Catering Services selections. If you need professional catering, we can do it!

Healthy Snacks for Class Parties!

 Need healthy snack choices for your classroom party? Nutrition Services can help! Only \$1.50 per serving, which includes all paper goods and serving utensils.

Choices are: Frozen Fruit & Yogurt Pops, Hearty Oatmeal Rounds, Seasonal Fresh Fruit Cups, and Fruit & Yogurt Parfaits. **Please order at least a week in advance.** Click [here](#) to download the information flyer.

All documents require the free Adobe Reader to open:



Nutrition News


6/13/2014 • [Students Go Whole Hog](#)

Nutrition Policies and Administrative Regs

- EFA Policy Local Wellness Program
- EFAA Policy District Nutrition and Food Service
- EF-AR Management of Nutrition Services
- EFA-AR Sale of Food on District Property
- EFAA-AR Child Nutrition Programs
- EFAB-AR Food Products from Home and Kitchen Facility Usage
- EFAE-AR Child Nutrition - Hearings
- EFAJ-AR Child Nutrition - Meals Served Visiting Children
- EFAL-AR Second Meals
- EFC-AR Student Accessible Vending

Pay for Meals Online Using BLPay

<https://blpay.bend.k12.or.us/>



You can add money to your child's meal account with a credit card or Visa/Master debit card and check your child's meal account balance! You will need to know your student's ID number. See Meal Prices for further information.



Wellness Policy

5. Physical Education (PE)

Goals for Physical Education

- Minutes/ week

(minimum 150 minutes/week K – 5; 225 grades 6 - 8)



- Curriculum
- Fitness testing

Wellness Policy

6. Physical Activity



Goals for physical activity and other school wellness activities

- Recess
 - Physical activity breaks in classes
 - Recess before lunch
- After-school access to school facilities
 - Safe routes to school
 - Walk-a-thon/clubs
- School Employee Wellness

At Robert Gray...



We run



We march

We slip



We slide



We jump



We go noodle



We frisbee



Most of all, we have fun!



active kids learn better

physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:

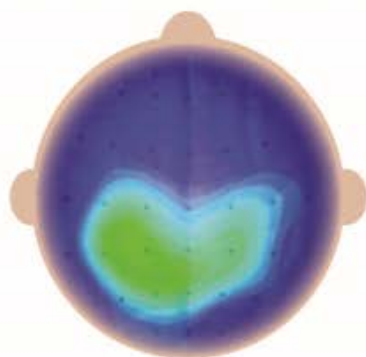


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

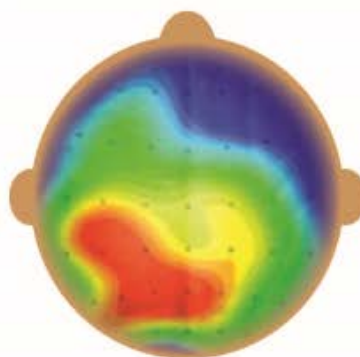


physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:

memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Klöbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Wellness Policy

7. Public Notification

Inform and update the public about content, implementation, and compliance

- Website
- Handbook
- Newsletter
- Report to school board



Robert Gray Middle School

Preparing students to meet the challenges of the 21st century

8500 SW 23rd Portland, OR 97226
Phone: (503) 945-0871 | Fax: (503) 945-0228

Project:

Goals of the Robert Gray Wellness Project

By partnering with national and local wellness programs and applying strategies from the latest evidence-based mind-body programs, we can reach the four goals of The Robert Gray Wellness Program in an effort to implement the PPS Wellness Policy:

1. **Improve student achievement**
2. **Decrease student problem behaviors**
3. **Foster a happy and healthy staff and student body**
4. **Prevent and reverse adolescent and adult obesity**

Strategies of the Wellness Project

The activities of the Wellness Project will incorporate research-based strategies and partnerships that focus on physical, nutritional and emotional fitness:

1. **Partnerships:** RGMMS is a member of [FuelUp to Play 60](#) (a collaboration of the Oregon Dairy Council and the NFL) and the [Alliance for a Healthier Generation](#) (American Heart Association and the Clinton Foundation alliance).
2. **PPS Wellness Works:** Tools and resources to make healthy choices each day
3. **Classroom Fitness Project:** Movement breaks; mindfulness; non-verbal management; teacher & staff wellbeing; and physical education classes based on Spark principles: the revolutionary new science of exercise and the brain
4. **5th Fitness Groups:** Students and adults have access to extended-day fitness opportunities
5. **Leadership Elective:** Strategies for healthy living will teach RGMMS students fitness and leadership skills.
6. **Positive Behavioral Intervention & Support:** Our schoolwide program to foster excellent climate through teaching, reinforcing and incentivizing school expectations continues to show positive results.

Wellness Policy

8. Monitoring and Evaluation

Assess and evaluate compliance

- Student health trends, e.g. fitness tests, nutrition habits
 - Time spent on physical activity
 - Nutrition education programs conducted
- Financial impact, e.g. healthy fundraisers, vending machines

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Wellness Policy Annual Review 13-14 School Year

[Annual Wellness Policy Report FINAL 2013-14](#)
The Wellness Committee's School Board Presentation

[Wellness Assessment Shorthand](#)
An overview of the Wellness Policy Assessment Data

[Wellness Policy Assessment Data 2013-14 FINAL](#)
All of the data gathered from each school's Wellness Policy Assessment

Centennial School District | 18135 SE Brooklyn, Portland OR 97236 | PH 503.760.7990 FAX 503.762.3689 | Hours: 7:30am-4:30pm

Annual Wellness Policy Assessment

Strengths

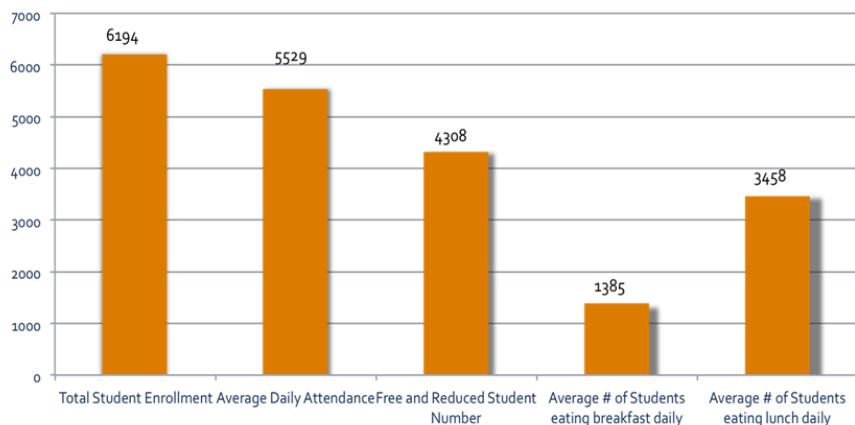
- + Awareness both of the Policy and of the importance!
- + A shift across the district towards healthy food choices and increased PA opportunities (no more cookie dough only fundraisers)
- + Support of the Wellness Committee, District, and Community

Areas that we continue to address.

- + Staff wellness
- + Community resources
- + Connecting students and staff to nutrition promotions within the cafeteria and into classrooms
- + Time and a deeper buy-in
- + It is not "more work" but one way to create the best learning/working environment we can!

Annual Wellness Policy Assessment Data Overview

Student Data as reported by schools Jan. 2014



Wellness Committee's 2013-14 Goals

- Wellness Committee visibility and communication within schools and the community
 - Staff Wellness Promotion
- Healthy Eating education, its impact on chronic diseases such as Diabetes, and continued healthy eating promotions



- District and Community resources for physical activity, healthy foods, clinics, and events.

Bottom Line

I recently asked a superintendent from a high-performing suburban school district why he invested so much time and energy in supporting school health programs when he was under such tremendous pressure to maintain and improve standardized test scores. He had a ready answer.

“The health programs help improve test scores. I’m sure of that,” he said. Then he leaned back and added, “And it’s the right thing to do for the kids. That’s why I do this work.”

(Charles Basch, professor at Columbia University)

What's in your Wellness Policy?

- Update your District Wellness policy and AR's
- Form, Recruit, Revitalize Wellness Council
- Get a snap-shot of your District (School Health Index)
- Set a Wellness goal – implement – evaluate
- Include a Wellness goal in your SIP
- Lead by example - support your schools in their efforts
- Provide Professional Development opportunities

Looking for Wellness Partnerships

Oregon Healthy Schools

Readiness and willingness considerations

- Has programmatic need
- At least one **champion** with direct or indirect influence
- Supportive district/local area climate
- No major, foreseeable roadblocks

Able to commit

- 3 years of involvement
- Develop/maintain a Wellness Team
- Support staff time for training and meetings

Wellness Partners



Resources

Local School Wellness Policy Resources

- Oregon Department of Education – Child Nutrition Programs (ODE-CNPS)

<http://www.ode.state.or.us/search/results/?id=62>

- Local school wellness policy web site & proposed rule (USDA)

www.fns.usda.gov/tn/local-school-wellness-policy

- Local school wellness policy summary of proposed rule (USDA)

www.fns.usda.gov/sites/default/files/LWPproprulesummary.pdf

- National school lunch program – administrative review manual

www.fns.usda.gov/school-meals/administrative-review-manual

- Local school wellness policy web site (CDC)

www.cdc.gov/healthyyouth/npao/wellness.htm

- Strategies for creating supportive nutrition environment using LWP (CDC and Bridging the Gap)

www.cdc.gov/healthyyouth/npao/pdf/LWP_SchoolNutrition_Brief.pdf



Supporting Documents

- Healthier Students Are Better Learners (Basch)

http://www.equitycampaign.org/i/a/document/12557_EquityMattersVol6_Web03082010.pdf

- The Wellness Impact Report

http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf

- Health and Academics: Healthy kids. Successful students. Stronger communities

http://www.cdc.gov/HealthyYouth/health_and_academics/

- The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

www.cdc.gov/HealthyYouth/health_and_academics

- School health guidelines to promote healthy eating and physical activity

www.cdc.gov/healthyyouth/npao/strategies/htm

- Whole School, Whole Community, Whole Child (ASCD/CDC)

<http://www.ascd.org/programs/learning-and-health.aspx>



Tools

- School health index, 2014 (CDC)
www.cdc.gov/healthyouth/shi
- ASCD SIP Tool
<http://sitool.ascd.org/Default.aspx?ReturnUrl=%2f>
- WellSAT: Wellness assessment tool (Rudd Center)
www.wellsat.org
- Health Education Curriculum Analysis Tool (HECAT)
www.cdc.gov/HealthYouth/npao/wellness.htm
- Physical Education Curriculum Analysis Tool (PECAT)
www.cdc.gov/HealthyYouth/PECAT
- Comprehensive School Physical Activity Program (CSPAP)
http://www.cdc.gov/healthyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf
- OEA Choice Trust (OEA CT) School Employee Wellness
<http://www.oeachoice.com/wp-content/uploads/Blueprint.pdf>



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